

ABSTRACT

A method for producing dishes served in sauce containing food products such as vegetables, fruits, dairy products and meats, whereby preserving them for several months without adding preservatives and/or coloring agents and without sterilization. This method consists of:

- 5     - proceeding with cooking in a pot, fresh ingredients mixed with seasoning products such as salt, pepper, spices, hot peppers, and with animal and/or vegetable fat for a duration of 20 minutes up to 6 hours at a minimum temperature of 80°C ;
- 10    - hot packaging the thereby obtained sauce in a clean container at a temperature above 80°C, the packages being closed immediately after filling ; and
- rapidly cooling said packages filled with sauce, for a duration less than 2 hours depending on the volume of the latter, at a temperature less than 10°C.